



City of Gaithersburg Press Release

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For Immediate Release

Celebrate Books, Exercise, Self-Care & Treats with Virtual “Be Your BEST Fest”

Gaithersburg, MD (June 22, 2020) Join the Casey Community Center for its **Be Your BEST Fest**, a week of virtual programming that celebrates food, fitness and fun. Activities, projects and programs related to **Books, Exercise, Self-Care** and **Treats** will be shared July 5 through 10, 2020, on the Casey Community Center [Facebook page](#).

The **Be Your BEST Fest** highlights the importance of physical activity, mindful eating, and being healthy, confident, and kind. Enjoy a week of cooking demonstrations, fitness routines, family fun ideas, kids craft projects, and more, all designed to get you and your family moving, cooking, creating, having fun and being your best.

Schedule of virtual activities include:

July 5: Introduction of the Be Your BEST Fest.
July 6: **B** (Books) Book recommendations by the Casey team and the Gaithersburg Book Festival.
July 7: **E** (Exercise) Move with us with exercise videos featuring City staff.
July 8: **S** (Self-Care) Discover ways that recreation can maintain wellness for you and your family.
July 9: **T** (Treats) Learn new recipes with cooking videos and indulge in treats from our Farmers Markets.
July 10: Conclusion

For more information visit www.gaithersburgmd.gov or call 301-258-6366. Follow us on Facebook [@CaseyCommunityCenter](#).

Due to the continuing public health crisis, the City of Gaithersburg is offering many virtual summer recreation classes, activities and events in lieu of in-person programs. Official City updates are made on the City’s website at www.gaithersburgmd.gov and on [Facebook](#) and Twitter [@GburgMD](#).

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